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BETWEEN THE BREAD

Celebrating classic
American sandwiches
page 34



A Cut Above
Slow and savory
Kansas City barbecue
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Kid-approved dishes
from Hawaii
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"No matter where you go, there you are."
— Benjamin Franklin

When it comes to American cuisine, food is a pretty point word. Local foods have their own rules, their own language, their own mythology. For the devoted foodie, there's nothing better than discovering someone else's local favorite, and anyone who's had a hot dog in Chicago knows what we mean. The natives ask, for a "dingy, ol' doughnut griddle" mean green public school clementines, popcorn, mustard, hot sauce, and ketchup? (Only not, and a full pickle spear. After all that, how do you go back to a place old foodie?

Here at Fresh we look at a lot of recipes, and the best ones are usually local. They're handed down over time, very evolving, and usually cooked away to a local childhood, sometimes the only way to find them is to grab a cooler, pump to the car, and go. Drive far enough, and you're bound to discover something you've never tasted before. Of course, an impressive road trip isn't an option for most of us (and we consider effort the gas anyway), but there's why there's Fresh. Just so, for a virtual tour of regional fare, plus a tasty discovery or two along the way.

First stop: "Food Lovers Favorites" (page 104) features blue ribbon choices from a gourmet. Now Memphis country has added up a truly sublime playlist: jolly, swinging down South. We get a taste of the original house-cuisine, Southern traditions and a classic French heritage plus a whole menu

of fresh Louisiana seafood add up to some of the most distinctive home cooking on the continent. Be sure to catch the Cayenne Conflict on page 190. Then we're off to the Southwest for an "inspired" Tex-Mex feast" (page 110), including quesadillas on the grill, and the best fish tacos west of Mexican beach. Memphis locals may beg to differ, but everyone else agrees: Kansas City has a sweet and spicy charm to some of the world's best barbecue. We break out the brisket, and get down to business in "Memphis City Barbecue" (page 120). Next up, grab the best and top shots (sometimes we don't know if we're eating, or going) to the continental U.S. with a Hawaiian theme in this month's "Cooking with Kitch" (page 43). Don't stop! Stop the juke and try the ancient pudding.

Barbecue: Slippy (see California and, within 20 minutes) The Classic American Sandwich is a matter of opinion. For a little bit of heaven on a bun we recommend a hotdog. Philly Cheese Steak has you should probably try them all just in the case. And actually, this would be the part where we suggest a nice bottle of wine, but this means more like a job for a full cold one. Get the lowdown on home, again, and also—re-checking some local faves—in "On Top for Summer" (page 48).

All good things come to an end. That's true of road trips, fine meals and this issue, but we can't stop off without a nod to that sweet traditional favorite, the chocolate pie. A lot of a regional cooking with a reminder even claimed by at least two states (Maine and Pennsylvania) with variations and stereotypes all across the country that don't take our word for it — in the road and try them for yourself!

See you next time.

Ron Moore

RON MOORE

President & CEO

Hampshire Farm Co.



Hampshire Farm Co. is a member of the Fresh Market.

FRESH FORUM

Time magazine is the best! I rate you to get each new issue. The January/February issue had so many recipes I want to try tonight. I was Ocho with Speedy Spinach Sauce. It's a few new ones! After 20 years of marriage, I'm always looking for new delicious...and easy recipes. You are a hit of the show. Thank you for providing a new recipe magazine.

11/11/2019 11:11:11 AM

I just want to thank you for the Shared Paprika Chicken recipe in the March/April issue of Cook. It was wonderful — and so easy! I lived in Hungary for two years, and I'm always looking for new ways to use paprika. I also found that the recipe tasted great with mushrooms.

These values are given as either an average and standard deviation

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Is it possible to subscribe to just *magazine*, not *business* as well?

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Editor: At the present time, the only way to get fresh magazines is by picking it up at your local Harrodsford store. However selected *Journal* articles and videos are available at www.harrodsford.com.

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Please send your comments, suggestions, and editorial requests to Feedback@HeraldExaminer.com or our best magazine PO box 8908 Portland, ME 04104. We care to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on featured stories visit www.herald-examiner.com and click on the Feedback link on the left side of the page. Thank you for Feedback. We will think of you often.



"Thank you for the Shamed Paprika Chicken recipe in the March/April issue of *fresh*."

Thank you for your beautiful Hometown first magazine. I eagerly collect each publication and then shop around to I can pick up another issue for the group home for someone in St. Louis the Hometown House where I'm a shelter care counselor. Please note that the boys in the home appreciate your easy reads and the pictures -- thank you! These boys are really starting to think positive! More stories on education for teens, please! Love your first issue!

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Kids: We love hearing that teenagers and young adults are becoming interested in cooking and eating delicious, nutritious food. In every issue we place the recipes in "Cooking with Kids" to help that interest and encourage a lifelong love of food. For nutrition information explained in a way that teens — and grownups — can quickly get to good use, check out the Goodie theme's page in every issue for our "For Your Health" content.

Picture the Signs: Looking for a delicious glass of **B** drink? Or an entire year can grow **B** in portions for your small family? How about a tasty vegetable **B** dish? Just look for the measuring symbols you **B** find at the Super Store.

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ON THE COVER: The Neighbor
two-page off for the recipe
Photograph by Carl Heston

HEAT SEALS: Harvest Race is a local, family-run
cappuccino, coffee, and homemade goods.

[SUMMER SMARTS: OUTDOOR EATING]

Summer means barbecued goodness and all sorts of activities and outdoor events. Here are some things to keep in mind when you're eating outdoors.

- If you're spending a lot of time outside, it's important to **pack drinks** to keep you happy, healthy, and hydrated — especially in the hot summer sun. Bring a couple extra bottles of water with you. If you're participating in a high-energy activity (such as hiking or bike riding).
- **Reserve food at the right temperature** can be quite challenging in the summer. Hot dogs, pizza, and other temperature-sensitive items are popular choices, but they need to be thoroughly cooked. They should be in containers with ice packs on the way to your destination and should remain there when you arrive. Forcing yourself to eat food at temperatures as low as the air-conditioned restaurant part of the car instead of the hot grill.
- **Bring more than one cooling chest** is a good idea — designate one for sodas and other drinks, which will be reached for

- more frequently and one to hold food such as salads, cheeses, and meats. The second chest will maintain freshness more easily because it will be accessed only at certain times. It's very hot outside — make sure — food should never sit out for more than an hour.
- **Picnic grounds** have plenty of open space, but they're often short on creature comforts. Like sinks with water to be used and soap. Try to remember **handwashing** and **go on ahead**, especially if you'll be eating with food.
- Hot dogs and hamburgers are staples on the summer day, but before you light up the barbeque, be sure to **clean off the grill**.
- Good condiments can impart a lot of flavor to meat, fish, or poultry. If you'd like to save some for use as a dipping sauce, **add a side before you add the real food** to the barbecue.



[TECHNIQUE: ICE CREAM WITHOUT AN ICE CREAM MAKER]



Anyone can make great homemade ice cream without an ice cream maker. With technique, the ingredients are chosen so they're frozen using the technique instead of being an icy mess. You can eliminate this process with a ball, adding container and freezer.

- Step 1** Prepare your mixture for cream mixture for milk. Coffee, then ice cream, prepare the ice cream through step 2 on page 208. It's best to let it chill in the fridge for several hours before freezing. Pour base into a low-fat, oiling container — the larger the better. To expose as much of the mixture to the surface of your freezer as possible, the one you're putting into a plastic container.
- Step 2** Cover container with lid or foil and freeze for 45 minutes. Remove from freezer and scrape sides with a rubber spatula. Use a hand-held mixer or immersion blender or whisk to thoroughly beat in any ice crystals that have formed, pushing the more frozen sides into the less frozen center part of the mix. This should take only 30 to 40 seconds. Cover container and return to freezer.
- Step 3** After 45 minutes, repeat process of scraping sides and mixing thoroughly. Repeat freezing and beating process, checking every 30 to 45 minutes, until mixture is thick. It will be a little messy if stored in the consistency of condensed milk. This could take 3 to 4 hours. Turn for mixture to a quart plastic container, cover with a lid and let freeze overnight.
- Step 4** Scoop and enjoy!

INGREDIENT INSIDE: WILD RICE

Table 1

When looking into rice cookers this rice is called rice. But not actually rice? Wild rice of course. A grain that grows in water—wild rice produces a rice like grain, and while it's used on the same way as a rice, grain used a rice. Indigenous to North America and grown mostly in Minnesota and California, wild rice has a highly protein content, and a high carbohydrate content that is fibrously hot, less fat content is considerably heavy and in China, slightly sweet and nutty. Some people rice to wild rice find that, when it cooked alone to taste can for a little sweetness or grainy, but in rice, is more to with another rice in the major bowl. The flavor of wild rice makes more intensely with washed meats, dried and fresh fruits, and seeds.

PAUL ROSE AND SANDRO
TERRAZZI SALON

Table 1

[Add Project](#)
[View](#)
[Edit](#)
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Thus called in perfect for **concrete** projects
To make a regression version **software**
I (D) as I can dispense for the turkey
This course is best served the other side

That's the chosen promise or lesson for many acts for this night, as their cooking class on the same as for wild cat.

Age Group	Male (%)	Female (%)
18-24	100	100
25-34	100	100
35-44	100	100
45-54	100	100
55-64	100	100
65-74	100	100
75-84	100	100
85-94	100	100

- [illegible]



- Place water in a large pot and bring to a boil over high heat. Add wild rice, brown rice, and 1 cup of the milk and let simmer on a low. Reduce heat to low, cover, and cook until tender, about 45 minutes. If there's any water left in the pot, drain and discard. Transfer rice to a shallow bowl and set aside to cool.
- Add grapes, roasted turkey, and poultry and use as well.

- B** Place vinegar, oil, remaining ½ cup salt and pepper in a small bowl and whisk well. Pour over cold rice mixture. Just before serving, add avocado and almonds. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 10% CALORIES FROM CARBOHYDRATE, 10% PROTEIN
 AND 80% CALORIES FROM CHOLESTEROL.
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Table for One = or Two

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We also offer a wide variety of healthy treats that you can't get anywhere else in town, all great for a casual yet satisfying meal. Enjoy **hotness** **Henry's Bread**, **Maple Pecan**, or **Angus Roast Beef** and **Quinoa** or **Chickpea** tossed in a **Mediterranean** or **Maple Mustard** served hot, or go on vacation with a **Margherita**, **Tomato**, and **Basil** **Bread**.

Whether it's a fresh sandwich on the spot, a full-course meal, Harrellson's prepared and frozen food is perfect for workers or workers who love food.



Summertime Blues

Local farmers, like John Williams, supply our stores with wild blackberries

BY CHADDERHART FOX PHOTOGRAPHY BY TAMIKA FOX

They're in the forest, dark purple nightgown as twilight and penicillin and the deep purple greenish bluish color. Recently their high occurrence of anecdotally has named them as a superfood-like "For Your Health" on page 300. The summer is the prime season for what many consider the best blackberries in the world: wild Maine blackberries. They're fresh from the fields where their business, and their deliciousness, have made them a favorite since Native Americans first used them to help preserve dried season.

The wild blackberry is an understated crop requiring minimal applications of fertilizers and herbicides only during what's called the "off year" (because of the decline in populations of some bees, many growers bring in bee colonies instead from commercial beekeepers to help pollinate the plants). Grower John Williams, who along with his wife, Lisa, owns Linda Mae Wild Blueberries in Ellensburg, Maine, grows berries on a two-year cycle on their nearly 40 acres. Although the age of the berries depends mostly on environmental factors such as weather and insects, Williams must also contend with the birds' appeal to larger local pests, especially deer and wild turkeys.

Williams, who has provided fresh-picked quarts of blackberries to several local restaurants since the early 1990s, says he rarely picks the smaller, intensely flavored, rare wild berries to their big cultivated cousins.

How has the Monterey business changed in the past decade or so?

People are more aware of how healthy blackberries are. We've replied our volume in the past 10 years. My parents — the owners — are assisted by my mother, Linda — who entered the company 10 years ago. So years ago we expanded. We process berries from



our friends' farms too. We have three sons, John, Ryan, and Josh, and we realized do a without them. It's a family business.

Do you plant more bushes every year?

No, the blackberries really are wild. They grow naturally and we just help them along with practices like annual crop rotation, where we harvest the same fields to replenish the soil. We rotate the berry field and move it after the harvest, then burn it in the spring so it can be fallow while we prepare the other field for that year's harvest.

When is peak season?

It depends on the weather, especially the spring. The season seems to be getting earlier. It's typically the month of August, but last year we were delivering by the end of July.

Do you still pick berries by hand?

We do the majority mechanically but we

harvest the ripest berries by hand with a blackberry rake, which looks something like a chainsaw attached to a large wooden comb. Then we process and package the berries right here. We deliver our berries directly to many Maine-based stores, so they never spend time in a warehouse. Last year we picked 24,000 quarts, with a high per acreage going to Harvard.

What's your favorite way to enjoy blackberries?

Baked fresh right out of the field or on the pie my wife makes. She uses my grandmother's recipe — it has a hint traditional perfume, cranberry sauce, and it always ends with fresh berries and real whipped cream. ■

Look for wild Maine blackberries from John Williams and other local growers in the Produce department. And for more information on this monsoon food, along with recipes, see page 19.

Jam Session

Hennepin customer Cathy Dwyer gets raves for her homemade preserves

BY MEGHAN DOWLEY LITTLE PHOTOGRAPH BY JAMES M. HANCOCK

When Cathy Dwyer was a teacher at St. Patrick's High School in Hennepin, Minn., she never imagined she'd marry the class misbehaviorist. But she could see that this mislabeled bad egg was really a good deal. After 30 years of marriage, Cathy describes her husband Jim as an honest and patient man. "He'll like me better as a whole lot," she says. "And he always tells me I can do anything I set my mind to."

Over the years, Jim's passion has faded. Cathy's passion of new things, including breadmaking, her cooking repertoire. "She says a lot about what Jim was a pilot in the United States Air Force. Growing up with a mother who prepared family meals of meat, potatoes, and sugar every night, Cathy had little experience cooking, never mind experimenting with various cuisines and spices. But when military life took the Dwyers away from Massachusetts and expanded him to new lands, there was no running back. Cathy says, "The first time I used curry on chicken I figured it's a little in good, more to better." She figured wrong, but she was the brightest out of the kitchen. In fact, now Cathy could spend all day there.

Other forays were more successful. The first time she made a nutella she worried about how a world war was "So people asked, how'd you make that? So I thought I should write a down." Cathy began buying books of her recipes, eventually compiling them into a self-published cookbook for family and friends. *Recipe for Friendship* is the result.

The kitchen is Cathy's playground, and her spirit burns up her cooking. A self taught jelly maker, she puts an unusual spin on the typically fruit spread. "I use a recipe for pepper jelly and I wanted to give it a try," she says. Instead of bell peppers,

Cathy experimented with jalapeños. The result, her most popular jelly to date. "It takes some time," she says, "but it worth it." Because the seeds and membrane are the hottest parts of the chili pepper, Cathy dons rubber gloves and removes the seeds from half of the 30 peppers she uses in an eight-ounce batch of jelly. "We don't want it too hot," she warns. "It should be more, but with a touch."

Over the years, demand for Cathy's jellies expanded beyond her family. She experimented with a variety of wines and juices to create offerings like Red Wine Jelly and Herb Apple Jelly and set up shop at local fairs and sold near her homebase of Freedom 54 H. From some folks at Hennepin in October 54 H have placed orders. "All they saw us buying so many jalapeños, some of the people at Hennepin asked what I was doing," Cathy says. "Just she brought them some jelly and they've been placing orders ever since."

Recipe contest judges are big fans too—they've awarded Cathy several trophies. Her Concord Grape Jelly won from grapes purchased at Hennepin, won first place at the Peppering Fall in Psychology, Maine, and "Best in Show" at Sandwiches 4 H. "Jim is her wife's biggest fan, recognizing personal income, recipes and enthusiasm about the dishes. Cathy agrees with the jellies, such as Breadboard Bread with

Jalapeno Jelly and Herbs Quince Jelly. As Cathy describes her concoctions, Jim chimes in with comments like, "That is the best!"

A woman going through a job for over 20 years in a public sector and confident enough to sell products her own creations, Cathy continues to accomplish extraordinary cooking feats. No longer the self-described "mommy girl" from high school, Cathy shows an important lesson: the limited husband. Don't be afraid to try new things.

page 100, 101



WILLIAM H. HOLTZ, JR.
ACTING TIME: 1 HOUR
TOTAL TIME: THIS AND PREVIOUS COURSES TOTAL

4. caps dry red wine such as Burgundy
3. (don't use French onion)

- 1.** Place exactly 5 slices (3-on 2-off) jelly pan and mixequal parts (equal and screw on bands) Fill a large stockpot with water and bring to a boil over high heat. Keep at a simmer while you prepare jelly.
- 2.** Place sugar and water in a 2 quart Dutch oven or stockpot. Cook over medium heat until sugar dissolves and mixture is almost boiling. Mixture should be on the way to a boil but not boiling. Stir in pectin as soon as it is added and there will be any foam.
- 3.** Immediately pour jelly into prepared jars. Fill and seal. Wipe into all necessary jars on lid and screw on bands (If there are extra jars fill your can instead of making a new batch.)

Work quickly but carefully—pilly will be very hot. Place pan containing water and oil (oil for 2 minutes) then remove and allow to cool to room temperature about 2 hours. You should heat the jar paper—you remove it on indication that it's getting near-boil (the hole should be unsealed and hot). Store for up to 1 year in a cool dark area out of direct sunlight.

[illegible]

FIGURE 4-18 CO-LEADS
and their first assignments
for the first 2 major assignments
and a few CO-LEADS from

Cathy makes this pillip with different kinds of combinations, which hasn't work out many at home with meat. She likes it on toast, and says it's excellent on pork. Try combinations with your own mix of herbs.

- 2. springs loose
- 3. springs missing
- 4. cause unknown—spring pack
- 5. cause suspect
- 6. cause/cause, loss of service

- 8** Heat milk in 2-quart (2-l) jelly pan and two-quart hot liquid and cream on low (2). Fill a large stockpot with water and bring to a boil over high heat. Keeps at a simmer while you prepare jelly.
- 9** Strain liquid and creamery sprigs in cheesecloth and run. Place in a 3-quart Dutch oven or stockpot along with apple pears and sugar. Heat high heat, bring to a full boil and a vigorous boiling for 2 minutes. Add pears, run well, and boil for 5 minutes. Remove and discard cheesecloth and 3 berries; strain from 1 spooned.



- 2. Immediately press jelly into prepared pan.** To seal gaps, merge ends of necessary pieces and hold and move on below. (If sheets are small, you may press jelly into right corner.) Wipe quickly but carefully — jelly will be very hot. Place gaps in a convenient corner and cover heat to bring water up to a boil. Boil gently for 7 minutes, then remove and allow to cool to room temperature, about 1 hour.
- 3. You should have the jelly in the pan (on a stove) at an endotherm that is sealed; once hot, the bath should be smooth and flat. There for up to two pairs to a cool diffusion and of shiny crystals.**

APPROXIMATELY 14,000 TONNES OF SOLID WASTE
WAS GENERATED IN 2002/03. THE TOWN OF
ST. JOHN'S LANDFILL SITE HAS A CAPACITY OF
ABOUT 100,000 TONNES OF SOLID WASTE.

1992年10月10日
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FOOD LOVERS' FAVORITES

Gailly recommends wearing rubber gloves when handling jalapeño peppers: it's hard to wash the spicy oils from your hands. Gailly removes the seeds from half the peppers, but eats without any seeds. (This is a spicy jelly.)

Note: Jalapeño sizes can vary. Gailly always uses at least 10 jalapeños, increasing the amount if they're small.

- 30 Jalapeño peppers
- 1½ cups sugar
- 1½ cups white vinegar
- 2 12-oz (1-pint) liquid pectin

1. Place ready 10-ounce (2-cup) jelly jars and two pint jars (and a screw-on band). Fill a large stockpot with water and bring to a full, over-high heat. Keep at a simmer while you prepare jelly.

2. Wearing rubber gloves, remove stems and cut jalapeños in half lengthwise. Be sure to discard seeds if you want more heat. Keep some of the seeds. Thoroughly wash by hand or in a food processor using the slicing disk.

3. Place jalapeños, sugar and vinegar in a 5-quart Dutch oven or stockpot. Cover high

heat, bring to a boil, and simmer, in boil for 5 minutes. Add pectin now, well, and boil for an additional 3 minutes, stirring frequently.

4. Immediately pour jelly into prepared jars. To seal jars, wipe rim of jar with a wet finger and screw on band. (If there's any extra jelly you can enjoy a night's sleep.) Watch carefully but carefully — jelly will be very hot. Place jars in simmering water and screw heat to bring water to a boil. Boil jars for 5 minutes, then remove and allow to cool to room temperature, about 2 hours. You should hear the pop as you remove it; an indication that air sealed. After each, the lids should be smooth and the flange hot up to a year or so. Check out our list of other canning.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (2 TABLESPOONS): 140 CALORIES, 0.6g FAT, 30g CARBOHYDRATE, 10g PROTEIN, 10g SUGAR, 10g FIBER, 10g SODIUM, 10g FIBER.

TENDERLOIN STEAK WITH JALAPEÑO JELLY

SERVES 4

AS THE FINEST OF MEATS
FRESH, TASTY, IN SEASON

This recipe is adapted from Gailly's published cookbook. The steak goes really well behind potatoes and a crisp green salad.

- ¾ cup mild chili powder
- 1½ tsp garlic powder
- 1½ tsp freshly-ground black pepper
- 1½ tsp salt
- 1½ tsp dried oregano
- 1½ tsp ground coriander
- 4 beef tenderloin steaks (about 1½-lb) dry-fat trimmed
- 1 lb vegetable oil
- 1 cup low sodium beef broth
- 1 cup balsamic vinegar
- 2 Tbsp Gailly's Jalapeño Jelly



1. In a medium bowl, combine chili powder, garlic powder, black pepper, salt, oregano and coriander. Mix well. Rub mixture over steaks on both sides.

2. Heat oil in a large sauté pan over medium heat. Add steaks and cook 4 minutes on each side for medium rare. 5 minutes on each side for medium. Remove steaks to a plate and set aside.

3. Add beef broth, vinegar and jalapeño jelly to pan. Use a whisk to stir in recipe and deglaze any cooked bits stuck to pan. Stir until sauce is hot and all bits of jelly have melted, about 1 to 2 minutes.

4. Place steaks on four plates and spoon sauce over each steak. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (2 TABLESPOONS): 140 CALORIES, 0.6g FAT, 30g CARBOHYDRATE, 10g PROTEIN, 10g SUGAR, 10g FIBER, 10g SODIUM, 10g FIBER.

Have a favorite recipe? Please share it! You could be featured in Food Lover's Favorites. Just email bestrecipes@foodlovers.com

GAILLY'S JALAPEÑO JELLY



Inspired Tex-Mex Fiesta

Add flair to your next cookout with north-meets-south-of-the-border flavors

BY BEVERLY BALLABO PHOTOGRAPHS BY GEORGE BENNETT '16

Texas. Spain. Tex-Mex. Though not so complex history (the blending of Mexican and Anglo cultures and cuisines has gone by different names). Although the world-wide explosion of Tex-Mex cooking — which has made tacos and chili con carne easy to find almost anywhere — is a 20th-century phenomenon, Tex-Mex cooking has roots stretching back several centuries.

During the 17th, Spanish missionaries to what would become Mexico and Texas incorporated as their European cooking many ingredients they found in the New World — corn, beans, squash, and peppers. The resulting hybrid cuisine became the basis for the fusion of flavors we call Tex-Mex.

Subsequent generations added their own culinary influences. The flourishing cattle ranches that dominated both sides of the Rio Grande around 1845 — when Texas officially became the Lone Star State — made beef a natural component of Tex-Mex cooking. Mixed-ethnic immigrants from across took advantage of America's restaurant dairy industry and made copious amounts of melted cheese a trademark of many Tex-Mex dishes.

In recent decades Tex-Mex cooking has continued to evolve. Following consumer requests toward lighter fare, ranchitos (smaller versions of Tex-Mex diners) have begun to appear on menus. Lighter dishes — chipotle peppers, citrus fruits, mangoes — that would have been

considered exotic additions to the humble peasant and cowboy fare of the original Tex-Mex have become commonplace as cooks have sought to please increasingly sophisticated American palates.

Humble Beginnings

The term Tex-Mex dates to the late 19th century, when it emerged as the abbreviated name for the railway linking Texas and Mexico. It later came to describe native-born Texans of Mexican ancestry and ultimately the cooking made on that emerged from the melding of southern Mexican and American ingredients and techniques.

In the decades following World War II, Tex-Mex cooking expanded outside the Southwest as Americans from all regions fell in love with its robust spices, creamy textures, and hearty portions. Today the popularity of such Tex-Mex staples as chips and salsa, fajitas, nachos, margaritas, and chili con queso has spread around the globe.

Today's classic definition of Tex-Mex encompasses locations where significant Mexican communities have made their culinary mark. Our State of beginnings? Tex-Mex begins where authenticitas meets ingenuity, creativity.

Grilled Beef Fajitas may showcase the cattle ranches of Texas, but Tapaté Lime Fish Tacos reflect the San Diego influence, while Grilled Chicken Quesadillas are found everywhere. Transform your next cookout into a fiesta: margaritas and your guests will save the occasion — not mention how many miles north of the Rio Grande.

TEOULA LIME FISH TACOS

SERVES 4

ACTIVE TIME: 20 MINUTES

Yield: 4 (10-ounce, 20-ounce)

INGREDIENTS: 1 LIME (1/2 CUP JUICE)



IMPROVING THE QUALITY OF

Pink river has a long record as a staple of the diet of Mexican coastal communities and more recently as the favorite fast food of Big Sur surfers. The dish spread from the Mexican to the California side of the big peninsula and beyond in the early 1980s. There is a few layered versions, more candy corn with a kick and lime.

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25. <i>Chlorophyll y</i>	0.0000	0.0000	0.0000
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34. <i>Chlorophyll ah</i>	0.0000	0.0000	0.0000
35. <i>Chlorophyll ai</i>	0.0000	0.0000	0.0000
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57. <i>Chlorophyll be</i>	0.0000	0.0000	0.0000
58. <i>Chlorophyll bf</i>	0.0000	0.0000	0.0000
59. <i>Chlorophyll bg</i>	0.0000	0.0000	0.0000
60. <i>Chlorophyll bh</i>	0.0000	0.0000	0.0000
61. <i>Chlorophyll bi</i>	0.0000	0.0000	0.0000
62. <i>Chlorophyll bj</i>	0.0000	0.0000	0.0000
63. <i>Chlorophyll bk</i>	0.0000	0.0000	0.0000
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Table 1

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- Pa flag - red
- 3 antennae, white pale only clipped
- Pa flag, broadly apical black pepper
- 10 1 (24) antenae

© 2000 Blackwell Science Ltd

- [Hilary and I thought we'd be super heroes](#)
- [I was finally pregnant! :D](#)
- [My pregnancy was CRAZY! March 1st - 1st of December](#)
- [How our baby was born](#)

1. Prepare mussels: Cleanse mussels in orange juice, hose, pour, shake off, rub, wipe, salt, and dipping oil in a washable plastic bag. Soak to use, then add backflesh fillets. Turn on cone fish thoroughly. Refrigerate at least 1 hour and use as 6 hours.

2 Slice a ready-to-eat hot, bone-grilled medium fish. Wipe grill to preheating, prepare outside ribs. Rub and pit, sear sides then use a spoon to wrap the fish into a sandwich bowl. Add all remaining ribs ingredients and use a sharp knife to slice through sandwich until they're charred all over. See note.

3 Remove fish from marinade. Arrange fillets in a wire grilling basket or sheet of foil coated with cooking spray and cook



approximately 1 minute per mile on road.
 Note: Riders should return to trail with a drink.

4. While fish is cooking, stack tortillas, wrap in foil, and heat on grill for 1 to 3 minutes until warmed through.

5. To assemble tacos, place tortillas on heat plate. Top each tortilla with one portion fish, ¼ cup shredded cabbage, 1 Tbsp chipotle dressing, and 1 Tbsp avocado salsa. Garnish with a lime quarter and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CALORIES: 40% CARBOHYDRATE, 50% PROTEIN,
10% FAT AND 10% WATER. SOURCE: COUNCIL ON
FOOD AND NUTRITION, 1990.

Figure 1

1000

[illegible]

Chocor and married give these squabbles a spicy sweetness that's offset by the sweet and tart flavors of the candy cane liqueur.

Traditional is low all hours, we worked much
hard, but our system provides plenty of
time without other

- [illegible]

- 2 Measure a paper towel with oil, hold towel with tongs, and wipe grill with oil. Arrange chicken breasts on grate. Cook approximately 10 minutes on each side or until chicken is no longer pink on its thickest part and its juices run clear. When chicken is cooked, allow it to sit 5 minutes.
- 3 While chicken is grilling, prepare bean filling. Empty contents of can of pinto beans into a small saucepan and pour in a small

Don't let the wall and 15 years in past. Sign on the top and around. Most of the time it's a healthy consistency with a paste made 1/4 in size.

4 To assemble quesadillas: Layer one half of each tortilla with about 1/4 cup shredded cheese. Divide chicken strips between quesadillas. Top each tortilla with remaining cheese. Fold each tortilla in half and press down lightly to compact filling. Grill quesadillas 2 to 3 minutes on each side until golden grill marks appear. A large quesadilla makes it easier to flip them.

5 To serve: Cut each quesadilla into 3 or 4 wedges. Serve warm with bowls of raspberry lime salsa and sour cream. May be prepared a day in advance and reheated at 300°F for 10 to 15 minutes. If frozen, reheat for 20 to 30 minutes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CHILDREN: 400 CALORIES, 10g CARBOHYDRATE, 10g FIBER,
14g FAT (10g SATURATED), 10g CHOLESTEROL,
10mg SODIUM, 10mg

TEX-MEX GRILLED BEEF FAJITAS

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 TO 2 HOURS, 30 MINUTES

INCLUDES MARINATING TIME

The term *fajita* comes from *faja*, meaning "waist" and referring to the area where the cut of meat typically comes, as part of their waists. In Mexican restaurants on the coast, men have been using both sides of the *Rancho Grande* during the 19th century. In modern times, the word *fajita* has replaced the word *carne*. You can leave the grilled beef and vegetables and assemble the fajitas later.

1. In a large bowl, combine beef, onion, and lime juice.
2. In a large bowl, combine onion, lime juice, and lime juice.
3. In a large bowl, combine onion, lime juice, and lime juice.
4. In a large bowl, combine onion, lime juice, and lime juice.
5. In a large bowl, combine onion, lime juice, and lime juice.
6. In a large bowl, combine onion, lime juice, and lime juice.
7. In a large bowl, combine onion, lime juice, and lime juice.

1. In a large bowl, combine beef, onion, and lime juice.

1. Place meat and grilling sauce in a sealable plastic bag. Cut meat thoroughly in pieces and refrigerate at least 1 hour and up to 4 hours.

2. Preheat grill for high heat. Marinate a paper towel with oil, hold a soft tange, and wipe grill with oil.

3. While grill is preheating, prepare vegetables. Cut and wash red and yellow bell peppers and cut into quarters. Peel onion and cut into thin slices. Cut onion into thin slices. Cut onion into thin slices.

4. Arrange meat and vegetables on grill. Cook meat about 7 minutes per side for medium rare. 9 minutes per side for medium or well done steaks. Cook vegetables

2 to 3 minutes per side. Allow vegetables to cook for 3 minutes. Then cut into thin strips. Stir grilled peppers and onion (peppers and onion) with cheese rub.

5. Wrap tortillas in foil and heat on grill for 2 to 3 minutes.

6. To assemble fajitas: divide half the cheese among the 6 tortillas, placing cheese in middle of each tortilla. Top with meat, pepper, onion, tomato, salsa, and remaining shredded cheese, each divided evenly among the tortillas. Wrap each tortilla around filling to make a cylindrical bundle and serve immediately with light sour cream if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CHILDREN: 400 CALORIES, 10g CARBOHYDRATE, 10g FIBER,
14g FAT (10g SATURATED), 10g CHOLESTEROL,
10mg SODIUM, 10mg



7. In a large bowl, combine onion, lime juice, and lime juice.





from the Bayou to the Big Easy

Weave Cajun spice and New Orleans elegance into your next dinner party

Bayoulin probably garnishes the land of Louisiana's cuisine up Louisiana elegance a name bayou water. Considered here, French Bay and Louisiana jazz. Many American, culinary traditions mixed here, and the history of food ingredients grown or caught in the state has influenced new great culinary traditions. Creole and Cajun.

Creole cooking is New Orleans cuisine refined and based on French traditions but with influences from Spain, Africa, Germany, Italy and the West Indies. Cajun dishes, which come from the country cooking developed by the Acadians (called "Cajuns") from French Canada, tend to

be heartier and more highly spiced than Creole dishes.

These basic ingredients used by both are similar: rice, beans (a mixture of flour and oil), the base for gumbo (fish, pork, venison, duck, game, and poultry). Potatoes are found in desserts, such as cake, brown sugar potatoes, rolled potatoes, and in savory dishes as well. Baked potatoes add sweet potatoes and corn to the favorite fried with cream, pepper, and cheese.

In Louisiana, and all along the Gulf Coast, every season has its seafood, and it comes down to the year you can enjoy the best seafood. shrimp, crawfish, crab,

catfish, or even alligator. From spicy porky sandwiches at the Oyster Barbecue, served in New Orleans restaurants, Louisiana home cooks and chefs alike have a way with fish. We've used these flavors to create a tempting seafood menu, starting with a beer-baked Cajun Grilled Shrimp appetizer followed by Cajun Catfish. Get acquainted with the South, one seafood protein, and use a great base for the fish and the accompanying Tomato Chutney. Chutney.

Some of the most elegant cooking in the South can be found in New Orleans. home to a tiny and famous district, French Quarter. These sophisticated bistro, which you can

By Betty Ferguson Photographs by Brock Lujart-Steyner

large heavy saucepan over medium-high heat. Stir in peas and salt. Cover pot and reduce heat to a low simmer. Allow peas to simmer until all the liquid is absorbed, stirring occasionally 15 to 20 minutes. Remove lid for the last few minutes of cooking. Set aside and cover to keep warm.

8. Prepare ribs. Wipe clean skillet you used for sauce. Over medium heat, cook steaks until each side is browned. Flip, dripping oil on pan. Remove steaks to a plate lined with paper towels to absorb extra grease. Crumble bacon when cool.

9. Combine economical flour, cayenne and salt in a wide shallow dish. dredge ribs in cornmeal mixture, shaking off excess. Place reserved bones, dripping oil, over ribs and lay ribs on top. Place ribs in skillet, spread apart so pan drippings will do most of the work. You may need to double in two batches. Cook until ribs turn white, about 10 minutes (if browning up about 3 minutes). Turn over and cook ribs to medium. Cook for another 3 minutes until ribs are white all the way through.

10. To serve, divide peas among four shallow bowls or plates. Carefully place ribs, bones on top. Sprinkle tomato-onion-bacon over ribs. Sprinkle with crumbled bacon, then parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 470 CALORIES, 20 CARBOHYDRATES, 100 PROTEIN, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL.

Café Brûlot

Café Brûlot (also called the long brown) is a drink for New Orleans after-dinner coffee made with spices, orange peel, and liqueurs. Brûlot in French means open or burned with sugar. It only has three brands and is made by liquid, not brewed in special ways.

To make your own version, in a small saucepan combine 1/2 cup orange liqueur, 1/2 cup sugar, 1/2 cup milk, 1/2 cup orange peel, 1/2 cup orange liqueur, 1/2 cup orange, and 1/2 cup orange. Heat just below and add sugar, liqueur, 1/2 cup orange, and 1/2 cup orange. Stir in sugar, liqueur, and 1/2 cup orange. Serve immediately.

Coffee Rum Ice Cream

MAKES 1 GALLON
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR TO CHILL

Ground coffee gives this ice cream a rich, brewed taste. For an extra big, big flavor try a coffee that's been brewed with chocolate — the popular way to drink chocolate in Louisiana. You'll need an ice cream maker for this recipe. Alternatively, the ice cream can be prepared with the method described on page 7. (Note that the finished product will be slightly smoother if made with an ice cream maker.)

Notes: Chilling the ice cream base for several hours overnight helps adding it to the ice cream machine creates a smoother consistency in the finished ice cream. But you can add the base to the machine right away — if you want — and the flavor will be the same.

- 1/4 cup boiling water
- 1/4 cup ground coffee (not instant)
- 1/4 cup sugar
- 1/4 cup dark rum
- 1 cup (1 pint) heavy cream
- 1 cup salt and fat

1. Pour boiling water over coffee in a mug or a glass measuring cup. Stir and then let steep for 10 minutes.

2. Strain coffee mixture into a large bowl or a glass measuring cup through a coffee filter set into a strainer. It will take about a minute to strain. Stir sugar into strained coffee for 10 minutes. Add rum to cooled coffee. Add cream and half and half to coffee and stir until mixture has dissolved.

3. Pour mixture into the bowl of an ice cream machine or refrigerator until ready to make ice cream. Follow regarding manufacturer's instructions. Allow ice cream to freeze some immediately or for a longer consistency. Transfer to an airtight container, cover tightly and freeze overnight.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 470 CALORIES, 20 CARBOHYDRATES, 100 PROTEIN, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL.

Bananas Foster

SERVES 4
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES

Created in 1951 at Brennan's Restaurant in the heart of New Orleans, French Quarter, this dinner has long been a favorite. We've tweaked certain traditions — the classic recipe calls for banana liqueur, but we prefer this all-rum version. We also love the taste of bananas and coffee, so we use our Coffee Rum Ice Cream instead of the traditional vanilla.

- 4 firm, ripe bananas, peeled
- 1/4 cup unsalted butter
- 1/4 cup packed dark brown sugar
- 1/4 cup ground cinnamon
- 1/4 cup dark rum
- 1 pint Coffee Rum Ice Cream (see recipe or vanilla ice cream)

1. Cut bananas in half across and then lengthwise. Melt butter in a large nonstick skillet over medium-high heat. Add brown sugar and cinnamon and cook, stirring, until sugar dissolves, about 3 minutes. Mixture should caramelize and pan begins to bubble. Add bananas, turning to cook on both sides until they start to soften slightly and brown, about 2 minutes.

2. Carefully add rum and shake pan back and forth to warm. The alcohol will evaporate spontaneously from the first 10 to 15 minutes and if you'd like a flame, use a long-handled lighter to light and flame the skillet. Shake pan back and forth, heating bananas with sauce. Turn them over.

3. Gently lift bananas from pan and place four plates each on four shallow bowls. Divide ice cream among bowls and spoon sauce over ice cream and bananas. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 470 CALORIES, 20 CARBOHYDRATES, 100 PROTEIN, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL, 100MG CHOLESTEROL.

Kelly Ferguson is a Massachusetts-based freelance writer who lives and works in New Orleans.

Coffee Rum Ice Cream
enhances the flavor of
this New Orleans favorite.



BRANDS: JEFFREY MATHIS PHOTOGRAPHY: DAVID

GRAND FINGER MARKET WITH
SOUTH CITY STEAK BARBECUE SMOKED
PORK CANNON BALLS SLAND





Kansas City BARBECUE

These authentic, savory recipes
are a cut above the rest

BY LISA ZWERN PHOTOGRAPHS BY MARK FORBES

There are two delicious ways to cook over an open flame: barbecuing and grilling. The former, often shortened to BBQ — or just “cue” — involves cooking all kinds of meats low and slow over hardwood or charcoal until they’re tender and flavorful. Grilling, at the other end of the spectrum, is hot and fast. And while grilling is the quick route to dinner, barbecue is the long, meandering road, as well as the destination.

Both evoke images of cooks doing their thing outside on a sunny day, garnished with chef’s hats, songs, skewers, and more. But only BBQ brings with it an air of die-hard competition and regional pride.

Photo: © Jeffery M. Hayes/Corbis Outdoors; Photo: © Jeffery M. Hayes/Corbis Outdoors

Even without a smoker or charcoal grill, it's possible to turn out brats and ribs that come pretty close to "low and slow" on the same small-scale barbecue.

Arched is a length of wood from the center of the arch above the portion of the line that you have marked on the ground with your tape. To transfer it to your line, use a **string** to **mark** along the line. It should be marked in the middle of the arch and at each end. One way to tell the good tape can be used to see which way the arch is going in both the new and existing manholes. To place another arch, **put** across the **line** in the middle of the arch and at each end.

File: Export Selected Worksheet (Excel) or Format as Table

IC: Export CSV or Text File

[illegible]

1000

10. *Journal of the American Medical Association*, 2000; 284: 1039-1044.

[illegible]

Filaking ribs is a low oven procedure and the meat marinades. Broiling them on the grill gives them a smoky flavor. Double the recipe for the spice rub and you'll have an extra batch for the next time you make ribs.

6. Temp.-varied dark brown sugar
7. Temp. paprika
8. Temp. chili powder
9. Temp. tomato paste

1. 1 cup freshly-ground black pepper
 2. 1/2 cup garlic powder
 3. 1 cup onion powder
 4. 1/2 cup cayenne pepper
 5. 1/2 cup salt
1. Preheat oven to 300°F
2. Combine brown sugar, paprika, chili powder, salt, black pepper, garlic powder, onion powder and cayenne in a medium bowl. Mix together until a fairly chunky mixture of all the ingredients.
3. Place six sticks on a large border pan or oiled baking sheet. Generously rub each

Abstract

The game file documents the schedule of events. There are several different types, depending on the context in which the file is used.

- **Brain stem ribs** are the short ribs from the center of the low Sacrum. They're tiny, nearly flat ribs that, if you count them, are 24.
- **Apophyses**, or **brain stem apophyses**, are the ribs that are larger and meatier than brain ribs and very powerful. Apophyses are one with the tip of each of the inside ribs referred to as 24. Looker didn't have this type removed.
- **Counting spine ribs** can be done if the ribs are not in the spine. The most common ribs in the spine are the ribs that are not in the spine.

manure all over both sides of ribs, leaving nuclei between flaps/ribs up. Bake for 45 minutes. Turn nuclei over, and cook for another hour or more. Soak a large rusty piece of the metal. (Ribs can be cooked up to two days ahead.) Cool, wrap in foil and rehydrate 5.

4. Move grill to medium. Have ribs at room temperature. Grill ribs under for 5 to 10 minutes per side or until lightly charred and heated through. Transfer to a cutting board and cut as between the bones or separate individual ribs. Place ribs on a platter if desired; serve with the sauce. *Chef's Note: Ribs are done when they are 140.*

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 100 CALORIES: 10% CARBOHYDRATE • 5% PROTEIN
 2% FIBER/CELLULOSE • 80% CHOLESTEROL
 100% SPOONED TO THE BONE

CARROT PLANTING **IS** **JUST**
BEHOLD!

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

Year	1990	1991	1992	1993	1994
1990	1990	1991	1992	1993	1994

Using packaged pilons, cut or shredded carrots, this dish was easy to make for a crisp, colorful and beautiful side dish for backyard ribs or chicken and the flavor was great, too. The pilons are a

This fresh mixture of tastes and textures will add an impressive splash of color to your menu.



wonderful whoopie pies

Making these classic eat-with-your-hands
treats is a piece of cake

There are some things about whoopie pies that pretty much everyone can agree on. First, they're not really pies — but Swedish-type desserts usually made with two chocolate cakes and a white frosting filling. Still, whoopie pies tend to be rather large — handbites are would not be an exaggeration — making them perfect for sharing. But beyond that, nearly everything else about whoopie pies is up for debate — including where they originated.

All-American Mystery

You might call it a mystery from the American culinary past — who's responsible for creating the magnificent whoopie pie? Both Maine and Pennsylvania claim credit, with two competing stories. Maine lore asserts that a woman in Bangor (who may have worked in a bakery) baked 16 lower cake bites in coffee-rose rounds and stuck them together with frosting. In Maine, the whoopie pie is generally its own food group, and there are bakeries on the coast that claim to have been making whoopie pies since the mid-1920s. Given our Maine bias, (Hershey's) is headquartered here, after all, there's long enough to justify the state's claim to whoopie creation.

On the other hand, there's the name to consider. The Amish of Lancaster County, Pennsylvania, also claim to have created the whoopie pie from butter cake batter. They even have a traditional explanation for the unusual name of the treat: It's said that Amish children would shout, "Whoopie!" when they found the pies in their lunch bags, and the mother would, in addition, some speculate that suggesting Jewish (as opposed to Amish or French and other surrounding) roots, which might explain why the whoopie pie seems to be best known in New England and Pennsylvania.



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Whoopie pies are traditionally large (but we prefer a medium size). We tried three large and small, and determined that the best size is about 2 1/2" in diameter per pie ball. The pies can also be made with a cup of batter for single whoopies and with 1/2 cup for mini pies for a party.

PUMPKIN WHOOPIE PIES WITH CREAM CHEESE FILLING

MAKES ABOUT 20 WHOOPIE PIES

ACTIVE TIME: 1 HOUR, 20 MINUTES

TOTAL TIME: 1 HOUR, 20 MINUTES

Pumpkin is gaining in popularity as a whoopie pie flavor. The cream cheese filling nicely complements the spices.

Pumpkin Cookies

- 1/4 cup light brown sugar
- 1/4 cup cornstarch
- 1/4 tsp vanilla extract
- 2 eggs
- 1 1/2 tsp (or 1 tsp) pumpkin pie spice (see pumpkin pie mix)
- 2 cups of pumpkin puree
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 tsp ground cloves
- 1/2 tsp ginger
- 1/2 tsp nutmeg

Cream Cheese Filling

- 1 1/2 cups (or 1 1/4 cup) cream cheese (room temperature)
- 1/2 cup (1/3) acid-neutralized butter (room temperature)
- 1 tsp vanilla extract
- 40% sugar (partially brown) sugar (1/2 cup)

- 1 Preheat oven to 350°F. Coat two baking sheets with cooking spray or line with parchment paper and set aside.
- 2 In a large mixing bowl, use an electric mixer on medium speed to mix brown sugar, oil, and vanilla until well blended, about 3 minutes. Add eggs, one at a time, mixing until smooth after each egg. Add pumpkins and mix until incorporated.
- 3 In a separate bowl, stir together flour

baking powder, baking soda, salt, cornstarch, cloves, ginger, and nutmeg. Add half the flour mixture to the pumpkin mixture and mix on medium speed until smooth. Scrape down sides with a rubber spatula. Add remaining flour mixture, and mix well.

4 Drop 2 1/2" portions of batter onto prepared baking sheets, leaving 2 inches between each portion to allow for spreading. Bake for 11 to 12 minutes, until puffed and set but still soft when touched lightly with fingertips. Let cookies cool for 3 minutes on baking sheet before transferring them to wire racks to finish cooling about 25 to 30 minutes. Repeat with remaining batter.

5 Prepare filling while cookies are baking and cooling. In a large mixing bowl, use an electric mixer on medium speed to mix cream cheese and butter until creamy. Add vanilla and half the confectioners' sugar; mix on low at first to combine, then on high until smooth. Add remaining confectioners' sugar and mix until smooth, about 3 to 4 minutes.

6 Assemble whoopie pies. Spoon filling onto the sides of half the cookies, dividing it evenly. Top with remaining cookies, but make against the filling, rounded side up. Serve immediately or wrap each whoopie pie individually in plastic wrap and store at room temperature for up to two days, or in freezer for up to two months.

APPROXIMATE NUTRITIONAL VALUES (PER WHOOPIE PIE): CALORIES AND CARBOHYDRATES: 140 CALORIES, 10 G CARBOHYDRATE. FATS: 10 G FAT, 1 G SATURATED FAT. CHOLESTEROL: 20 MG. SODIUM: 10 MG.

CLASSIC WHOOPIE PIES

MAKES ABOUT 20 WHOOPIE PIES

ACTIVE TIME: 1 HOUR, 20 MINUTES
TOTAL TIME: 1 HOUR, 20 MINUTES

The version of the classic original whoopie pie is dark chocolate cakes with fully vanilla-flavored white filling. Real brown makes the filling especially tasty.

Notes: Spraying the pans with oil helps with removal; cooking spray helps the macadamia nuts come out more easily.

Dark Chocolate Cakes

- 1/4 cup (1/3) sifted unsalted butter (room temperature)
- 1/2 cup packed dark brown sugar
- 2 eggs
- 2 cups of pumpkin puree
- 1/4 cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp salt
- 1/2 cup (1/4) oil (see note)
- 1/2 tsp vanilla extract
- 1/2 tsp instant coffee

Vanilla Filling

- 1/4 cup (1/3) sifted unsalted butter (room temperature)
- 1 tsp vanilla extract
- 2/3 cup confectioners' sugar (sifted)
- 2 cups (1 1/2 cups) cream (such as heavy cream) (see note)

- 1 Preheat oven to 350°F. Coat two baking sheets with cooking spray or line with parchment paper and set aside.
- 2 In a large mixing bowl, use an electric mixer on medium speed to mix butter and brown sugar until well blended, about 3 minutes. Add eggs, one at a time, mixing until smooth after each egg.
- 3 In a separate bowl, stir together flour, cocoa powder, baking soda, and salt, and mix in a 2-cup liquid measuring cup; stir together macadamia, vanilla, and instant coffee until coffee is dissolved (this may take a minute or so); set aside.
- 4 Add half the flour mixture to the batter mixture and mix on medium speed until smooth, scraping down mixing bowl with a rubber spatula. Add half the browned mixture and mix again on medium speed until smooth and slightly fluffy in texture. Repeat with remaining flour and browned sugar, and mix until smooth. Batter will be thick and slightly lumpy when done.
- 5 Drop 2 1/2" portions of batter onto prepared baking sheets, leaving 2 inches between each portion to allow for spreading. Bake for 11 to 12 minutes, until puffed and set but still soft when touched lightly with fingertips. Let cookies cool for 3 minutes on baking sheet before transferring them to wire racks to finish cooling about 25 to 30 minutes. Repeat with remaining batter.

Recipe reprinted on page 121 of

Whoopies Deconstructed

Remember where whoopies come from? There's more than one way to make them—and filling to go to a 20-year favorite with one multiple "filler" (batches ought to be extra). Both the filling and the cake can be prepared using a variety of methods. Here are some options for readers.



The cake: The traditional cake is obviously made with unsaturated cocoa. A high-end dark cocoa powder makes a darker, richer cake. Regular cocoa is less fine and yields a more mild chocolate-like cake.

The size: The size also helps whoopies go from stuff to two-handed stuff, and then a smaller one again for kids or portables. Some people prefer to make a smaller sized one whoopies go about two or three inches across. This critical 10-to-12-inch cake per recipe and they're really wrapped and frozen for later mini whoopies. About 10 inches across, make for a special double they offering as party dessert. See even (bakers) as homemade after often plain size whoopies that can be sized like a cake, and the smaller ones are a point to make at home.

The flavor: Even though the classic whoopies go is chocolate with a white vanilla filling, variations of a whoopies go from stuff to all sorts of flavor variations. In both the cake and the filling, chocolate cake with a cream cheese filling is nearly popular. We also offer recipes for a light or chocolate cake with a peanut butter filling and a version version for fans of vanilla cake with chocolate filling.

The filling: Whoopies go filling has two essential components, fat and carbohydrates, sugar. Some people favor shortening, some prefer fat oil, and a cream butter of the fat is frequently called for in most recipes. It all boils down to the fat is you like best. Then there's the matter of a rich ingredient: marshmallow cream, or whipped marshmallow is a traditional part of the filling, and you can find whoopies go that use it. Without the marshmallow, the filling is heavy and willering. Using like a thick frosting. Some bakers use only a sweetened whipped cream, which we also recommend—the first fills will make a mess and be more well delayed, and will give the cake willeriness. We prefer the flavor of an oil butter filling and the lighter texture provided by the marshmallow cream.

So what are the clues to the creation of the whoopies just that come from the best filling, cake, and the fat? The one that does it in order? Something as good as a whoopies go doesn't need an excessive history or an overdone consensus. It just needs an appreciative response!—and a little cheer.

6. Prepare filling while cakes are baking and cooling. In a large mixing bowl, use an electric mixer on medium speed to mix butter and vanilla until creamy. Add half the confectioners' sugar and mix on low firm to combine. Turn on high until smooth. Add remaining confectioners' sugar and mix again. Scrape down sides with a rubber spatula. Add marshmallow cream and mix on medium-high until filling is smooth and fluffy about 3 to 4 minutes.

7. Assemble whoopie pies. Spoon filling onto the flat sides of half the cakes, dividing it evenly. Top with remaining cakes. Flat side against the filling, rounded side up. Serve immediately or wrap each whoopie pie individually in plastic wrap and store in room temperature for up to two days, or in freezer for up to two months.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER WHOOPIE: 200 CALORIES/WHOPPIE, 40 PERCENT
DAILY VALUE FOR SATURATED FATS, 10 PERCENT
DAILY VALUE FOR SUGAR

BEVERLY WHOOPIE PIES
MAKES ABOUT 20 WHOOPIE PIES
ACTIVE TIME: 1 HOUR, 30 MINUTES
TOTAL TIME: 2 HOURS, 30 MINUTES

CREATE YOUR OWN

The versatile whoopie pie makes it easy to bring both the cake and filling flavors to suit your palate. Mix and match fillings or use two different cakes. Add spices and citrus zests or top the buttercream with other toppings such as whipped cream or gelatin. Here are a few ideas:

Cake Variations

• **Banana**—cream Pumpkin Cakes, full of ripe pumpkin with 3 natural ripe bananas and small blueberries.

• **Orange-bread**—create Vanilla Cakes replacing sugar with ½ cup brown sugar and ¼ cup white sugar. Add 1½ cups zest. It has power ½ cup nutmeg and ¼ cup cloves with the flour.

• **My secret recipe**, with an “inside, out” take on the classic whoopie. These pies feature tasty vanilla cakes with a rich and fluffy chocolate filling.

Make—Spraying the remaining cup with nonstick cooking spray helps the marshmallows come out and more easily.

Recipe Notes

- 1. Filling is at its best stored in the room temperature.
- 2. Filling sugar.
- 3. eggs.
- 4. two vanilla extract.
- 5. cups all purpose flour.
- 6. top cooking cake.
- 7. top salt.
- 8. cup-size fat (butter/milk).

Cake and Filling

- 1. top, unsweetened cream powder.
- 2. top, cream butter sugar.
- 3. Filling (sugar) plus 2. (This is unsweetened butter room temperature).
- 4. top, salt.
- 5. top, vanilla extract.
- 6. First salt.
- 7. top, marshmallow cream, such as Marshmallow Fluff.

• **Cake and filling**—add ½ cup milk, eggs, or flour to top the cake. Use any of the ideas.

Filling variations

- **Buttercream**—mix the butter used for the cake (filling) in a brown slightly then in oil and 1 cup. Replace ½ cup of the powder with sugar with ½ cup brown sugar.
- **Make**—add ½ cup milk, salt and 1 cup. Stirred together and then in bowl or combine in chocolate filling.
- **Buttercream**—add 2 cup, salt, replace ½ cup in 2 cup, salt, water in vanilla or chocolate filling.

1. Preheat oven to 300°F. Coat two baking sheets with cooking spray or line with parchment paper and oil.

2. In a large mixing bowl, use an electric mixer on medium speed to mix butter and sugar until well blended about 3 minutes. Add eggs, one at a time, mixing until smooth after each egg. Mix in vanilla extract.

3. In a separate bowl, mix together flour, baking soda, and salt. Add half the flour mixture to the batter mixture and mix on medium speed until combined. Add half the remaining flour and slightly fluffy in mixture. Repeat with remaining flour and remaining, and mix until smooth. Batter will be thick and slightly lumpy.

4. Drop 3 Tablespoons of batter onto prepared baking sheets, leaving 2 inches between each portion to allow for spread, try. Bake for 11 to 13 minutes until puffed and set, but still soft when you touch lightly with fingertips. Let cakes cool for 3 minutes on baking sheets before transferring them to wire rack to finish cooling, about 15 to 20 minutes. Repeat with remaining batter.

5. Prepare filling while cakes are baking and cooling. In a medium bowl, mix together cream powder and confectioners' sugar and oil. In a large mixing bowl, use an electric mixer on medium speed to cream butter. Add milk, vanilla extract, salt and half the cream mixture. Mix on low speed firm to combine. Turn on high until smooth. Add remaining cream mixture and mix again. Scrape down sides of bowl and marshmallow cream and mix on medium-high until filling is smooth and fluffy about 2 to 4 minutes.

6. Assemble whoopie pies. Spoon filling onto the flat sides of half the cakes, dividing it evenly among cakes. Top with remaining cakes. Flat side against the filling, rounded side up. Serve immediately or wrap each whoopie pie individually in plastic wrap and store in room temperature for up to two days, or in freezer for up to two months.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER WHOOPIE: 200 CALORIES/WHOPPIE, 40 PERCENT
DAILY VALUE FOR SATURATED FATS, 10 PERCENT
DAILY VALUE FOR SUGAR

MEALS IN MINUTES

By Sally Sampson
Photographs by Carl Tremblay



ONE SANDWICH & SALAD FOR 2



America's Classic
sandwiches



Wherever the garment manufacturer becomes a beloved American and ends up with many close, personal connections, all with their own names, histories and lives. Although thousands of manufacturers are scattered and obscure, they come as considered sacred and unchangeable. Barbara Shopp (see *Philly Cheese* brand authors) and California sandwiches are associated with a particular region, city or state, with several people claiming it is the imagination. What ever the history there may be, more cultural and more much.

Almost all the ingredients in the sandwich, especially the spread and mayo, are associated with the health issue of the 1990s and 21st in California. It was so much that a Californian created the

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8. silver mycelium (grey) highly branched
9. sp. scattered, girded and freely sized
10. both plates (fleshy or leathery, both plates almost 4 cm)
11. sap white, sweet
12. large, lustrous, shiny, black to black
13. low, strongly rounded black spores

1 Place a sheet of lined wax paper in four plates. Top each sheet with a quarter of the avocado slices. 2-Share of cheese, a quarter of the milk sprouts, and 2 tomato slices. Sprinkle with pepper and top with remaining bread slices. Serve within one hour.

APPROXIMATE PERCENTAGES OF SELECTED SPECIES, ESTABLISHED, AND CHANGING
DISTRIBUTION OF SPECIES IN THE GREAT SALT FLATS ESTABLISHMENT, 1960-
1969 (SEE FIG. 1)

THE SLOPPY JOE

Some say the Sloppy Joe descends from the Midwestern home meat 'Mud' (see Sandwiches — seasoned ground meat cooked in a skillet). Others say it's inspired from the Italian meat 'ragù' — should be made in a tomato sauce — made famous in Francis' Sloppy Joe's Bar as named for its weekly owner. In New Jersey on the other hand, a Sloppy Joe can mean a dish made with meat, cheese, vegetables and hot cats drizzled in eye-bred ketchup (a la Francis). Whatever the origins, this luscious dish of ground beef smothered by vegetables and a tomato-based sauce — served on a hamburger bun — may well refer to a "sloppy Joe," the average guy who eats this extremely sloppy

but delicious sandwich. (This version bears no resemblance to the Sloppy Joe served at elementary school cafeterias!)

Notes: *Pepperoni, onions, and peppers* are available in the refrigerated section of the produce area — are not necessary. You can also find frozen versions in the frozen-food section.

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

- 1 1-lb. vegetable mix
- 1 CUP ONION (diced yellow or red)
- ½ CUP PEPPER (diced fresh pepper, any color)

- 1 TSP. MONSIEUR'S®
- 1 ½ T. THIN SLICES OF GARLIC
- 1 CUP 90 PERCENT LEAN GROUND BEEF
- ½ CUP 1 TSP. SALT (optional) OR ½ TSP.
- ½ CUP KETCHUP
- 1 TSP. VINEGAR MUSTARD
- 4 HAMBURGER BUNS (split)

- 1 Place a large skillet over medium heat where oil has. Add onion, peppers and garlic and cook, stirring often, until they're softened and defrosted, about 10 minutes. Be careful not to let garlic burn. If pan gets too dry, add water.
- 2 Add ground beef and chili powder and cook, breaking up beef with a spoon, until it's no longer raw (about 7 minutes). Drain off excess oil, if desired. Add ketchup and mustard and cook until mixture thickens and turns golden, about 10 minutes. (Filling may be made up to two days in advance and reheated.) While mixture is cooking, toast hamburger buns.
- 3 Place bottom halves of buns onto hot plate. Ladle a quarter of the filling onto each bun, adding halves, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 20G CARBOHYDRATE, 20G PROTEIN,
LSD 10G SATURATED FAT, 10G CHOLESTEROL,
SODIUM 100 MG PER

THE PHILLY CHEESE STEAK

Although Philly Cheese Steaks are served all over the country, they're most famously made in Philadelphia in Pat's King of Steaks and Genoa's Steaks — both open 24/7. While shops across the street from each other, the owners have swapped a friendly banter, and their devotees are loyal. When cheesesteak was a Philly Cheese Steak from a steak sandwich to the quickly fried paper-thin slices of shredded beef — created by the original Pat (the founder of Genoa's Steaks) added the cheese — most famously provolone (though recently he added pecorino cheese spread for appeal). The basis for the role of cheese remains:

Notes: *Provolone cheese* isn't the key to this sandwich. The meat may be cold (frozen), but make sure it's thawed when preparing the recipe.





THE ITALIAN CHEESE STEAK

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

1. Slice carrots at oblique.
2. Sauté thinly sliced onions.
3. Sauté thinly sliced green bell pepper.
4. Add 1 cup sliced mushrooms (opt. dried).
5. Add 1 cup water if needed.
6. Add 1 cup premoist shaved beef steak as desired.
7. Add freshly opened black pepper.
8. Add thinly sliced provolone cheese or Velveeta premoist cheese opened.
9. Eat on hoagie rolls with opt.

1. Heat a large nonstick skillet over medium-high heat. When hot, add 2 cups of the oil. Add onions, green pepper, and sliced mushrooms. Cook, watching the heat level, until vegetables have softened and browned, about 15 to 20 minutes. If they start to brown, lower heat. If you get too dry, add water. Transfer vegetables to a plate or bowl and start with hot to keep warm. 2. Add remaining 1 cup oil to skillet. Increase heat to high. When it's smoking, add beef and black pepper. Cook up meat with onions and green pepper until meat is a speckle. When it's browned about 2 min-

utes, turn it over. Top with cheese. Cook until cheese is melted and meat is browned, about 1 minute. 3. Use tongs or a spatula to divide meat and cheese among four rolls. Top with vegetable mixture. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 1 CUP CARBOHYDRATE, 150 CALORIES, 10 GRAMS FAT, 10 GRAMS PROTEIN, 10 GRAMS FIBER, 10 GRAMS SODIUM, 10 GRAMS SUGAR, 10 GRAMS TOTAL FAT, 10 GRAMS CHOLESTEROL, 10 GRAMS SODIUM, 10 GRAMS

THE ITALIAN

The peppersteak sandwich of Portofino, Milan, is said to have been developed in 1903 by Giuseppe Antonio Anselmi before America added more cheese and vegetables to the long roll with for the local steak workers. When Dominick Rinaldi purchased Anselmi's bakery in 1972,

he added Greek olives and thinly sliced pickles, making the Italian the sandwich it is today. Although many take credit for its creation, all are remnants of America's original variable but the lack of lettuce, mayo, or mustard.

After Anselmi's offering, Portofino made two options you can reproduce at home. For a Italian Italian, add 4 oz. sliced salami and for an "Italian with bite," include a few sliced hot pickled peppers.

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

1. Add hoagie rolls, cut to half lengthwise.
2. Add sliced salami.
3. Add 1 cup of Italian-style Country Style Beef.
4. Add large tomato, sliced and thinly sliced.
5. Add sliced onion.
6. Add sliced pepper. Sauté sliced.



THE ITALIAN WITH SPICY SALAMI

MEALS IN MINUTES

- 1 large soft potato, cut in half across and sliced lengthwise (found on the Orb is not)
- 2 black olives, pitted and quartered
- 2 Tbsp olive oil
- 1 tsp freshly ground black pepper

1. Place rolls on a work surface. Layer a quarter of the cheese, then a quarter of the tomatoes on the bottom half of each roll. Top with equal amounts of tomato, onion, green pepper, pickle, and olives.
2. Drizzle olive oil over each sandwich, sprinkle with pepper, then add top halves of rolls. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
240 CALORIES, 45G CARBOHYDRATE (12G FIBER),
20G FAT (10G SATURATED), 10G MONOSATURATED,
3 GMS TRANSFAT, 10 GMS PROTEIN

THE BUBBLES

There are at least four versions of how the Reuben sandwich came to be. Stated the best, the proprietor of Reuben's Restaurant, in New York, claimed to have created it in 1914 for actress Starline Tolan when she came in looking for something to eat after her movie offerings. Reuben's Restaurant is wholesale grocer in Omaha, Neb., and he invented it in 1921 with his father, brother, one of whom later put it on the menu of his restaurant. Still another, Jacob Reuben, a teacher and club owner in New York, took credit. And then comes William Kassaroff, a New York accountant who professed to have come up with the combo and named it for Arnold Reuben, whom he admired for his generous gifts to charities. The controversy may never be resolved, but there's

usually no argument about the great mixed ingredients. A Reuben is made with Russian dressing, corned beef, Swiss cheese and sauerkraut. Any substitutions and it's simply not a Reuben.

SERVES 4

ACTIVE TIME: 15 MINUTES
TOTAL TIME: 20 MINUTES

Reuben Dressing

- 1 cup reduced-fat mayonnaise
- 2 Tbsp ketchup
- 1 tsp prepared horseradish
- 1 tsp Worcestershire sauce
- 1 tsp fresh lemon juice

Reuben's

- 2 Tbsp melted butter
- 1/2 cups pumpernickel or rye bread
- 1 cup homemade or store-bought Russian dressing
- 1/2 cups Swiss cheese, sliced 1/4 in.
- 1 cup sauerkraut, drained well
- 1 lb. thinly sliced corned beef

1. Make Russian dressing. Place all dressing ingredients in a small bowl and mix thoroughly. Cover and refrigerate up to a week. If dressing separates, stir well before using.
2. Heat butter in a large skillet, simmer over medium heat. Remove from heat, drizzle one side of each piece of bread with melted butter.
3. On unbuttered sides of bread, spread 1 Tbsp Russian dressing. Top half the bread with 1 slice of Swiss cheese, then 1 cup sauerkraut, then 1/2 lb. corned beef, then another slice of cheese. Top with remaining bread. Transfer side facing out.
4. Place two large nonstick skillets over medium heat. Add 2 sandwiches to each pan and cook until cheese has melted and bread has darkened, about 4 to 5 minutes. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
500 CALORIES, 107 CARBOHYDRATE, 40G PROTEIN,
24G FAT (10G SATURATED), 11G MONOSATURATED,
1 GMS TRANSFAT, 10 GMS PROTEIN

Sally Sengstack's most recent cookbook is *Recipe of the Week: Burgers*. She lives with her two children near St. Louis.



Blueberry Bliss

This superfood is bursting with nutrients and flavor

STORY BY RITTY RADWICK, MS, RD, RECIPE BY EMERELY MAYNOR | 14-01-2014 11:45 AM EST | 10/11/2014, 10:00 AM



Summer is prime time for blueberries and the perfect time to step up your use of this versatile, beneficial and tasty berry. Blueberries fall under two general categories: large, juicy-colored highbush blueberries and tiny-flavored wild blueberries. Highbushes grow all over the country, especially in Michigan, New Jersey and Oregon, while wild blueberries are found primarily in Mexico and the rest of the Americas.

All-American Goodness

Blueberries (along with cranberries, grapes and strawberries) are indigenous to America. They were a staple food and a source of medicinal preparations for Native Americans, who passed on their knowledge of these berries to the country's early settlers. Today we recognize the Native Americans were onto something big — blueberries, indeed, promote health in many ways.

Berry Nutritious

Blueberries are chock-full of beneficial phytochemicals (aka phytonutrients). These plant compounds help decrease the risk of cancer, diabetes and generally foster good health. There are hundreds of phytonutrients in foods, and blueberries boast some of the biggest, including anthocyanins and polyphenols. Many of these compounds are potent antioxidants.

What exactly do antioxidants do? They help protect our bodies by scavenging free radicals (essentially oxygen molecules) that can cause cell damage and lead to heart disease, cancer and various age-related health problems.

In U.S. Department of Agriculture studies, wild blueberries were shown to have a higher antioxidant capacity per serving than 20 other fruits, including strawberries, raspberries and gojiberries. "Research is telling us that we need to incorporate antioxidant-rich foods throughout the day to fight oxidative stress," says Susan Davis, PhD, RD, nutrition scientist at the Wild Blueberry Association of North America. Blueberries fill that bill and taste good, too.

CRUMB-TOPPED WILD BLUEBERRY MUFFINS

MAKES 12 MUFFINS
ACTIVE TIME: 30 TO 35 MINUTES
TOTAL TIME: 1 HOUR

Appetizers and low-fat breakfasts are the best ways to enjoy these berries.

Help: You can use regular whole wheat flour or whole wheat whole flour, which gives a lighter texture. Both can be found in the baking aisle with other flours.



Summer Picnic Fun

Summertime is the perfect time to grab the kids and head outside for a picnic. Whether you go to a local park, the beach, or even just your back yard, if you need for a fun filled summer picnic, we have some ideas and a shopping guide.

Before you pack the picnic basket, though, consider what you want your children. Think beyond standard fried chicken, potato salad, and coleslaw. With some simple ideas in mind, and some tricks, often you can prepare picnic dishes that are healthy, fun, friendly and picnic ready. Try some of these great ideas and start planning that picnic today!

Fruits and Veggies for Every Taste
The first thing to remember is take advantage of what's available. Summer is the height of fruit and vegetable season, so your choices are endless. Fruits from like peaches, berries, watermelon, and pineapple are easy to find, as are fresh veggies such as cucumbers, zucchini, tomatoes, and mushrooms. You can make a quick fruit salad, or slice up some fruit and serve the picnic with a low fat yogurt dip. Veggies are just as easy — just slice some fresh, raw

carrots, tomatoes, zukes, or low-fat bean dips, or make a quick chopped salad and toss it with a vinaigrette dressing.

Must-Have, Mean Dishes

If you have a grill available at your picnic, use up grilling juicy burgers and sizzling hot dogs instead of typical hotdogs. The latter must be just as delicious, and kids will hardly notice a difference in taste — especially if they can load up on their choice of toppings, so being playful of hotdogs, sausages, and garden. If there's no grill on hand, why not bring a roast chicken or third del meat for sandwiches or wraps? Add whole grain corn on the cob and lots of fresh veggies, and you have a delicious meal that kids can't resist.

Yummy Sides

When it comes to side dishes, it is all used to serving mayonnaise laden potato salad and coleslaw, but it's easy to lighten up and make side dishes that kids will find just as tasty. Substitute potato salad with a Mexican bean salad by mixing together one cup each of beans, salad, black beans, avocado, salad, corn, and dried tomatoes

with half a chopped and onion and the juice of one lime. And instead of coleslaw try trying broccoli slaw and mixing it with sliced almonds, dried cranberries, and poppy seed dressing for a new twist combination.

Delicious Desserts

Who can forget dessert at a picnic? There are lots of cream options available in the summer in picnic foods, from a easy fruit on ice sodas with lemon fruit, lime, blueberries, or even frozen bananas for a cool treat in the summer heat, or bring along angel food cake slices with sweet light whipped cream and berries and make it up themselves.

Remember, it's easy to get dehydrated in the summer sun, so pack lots of water and cold drinks. If your children crave something sweet, serve them fruit lemonade and half unsweetened and tea, or sparkling water with a splash of 100 percent fruit juice to quench their thirst.

Picnics are a great way to spend time with your kids in the summer, so start planning your next outdoor adventure with these ideas today!

Celebrate with a Luau

Experience the flavors of tropical Hawaii in your own backyard

BY DIANA BURNELL PHOTOGRAPHS BY MARK FORB



Hawaii may be the last state to join the union, but so the first for pineapples, leis, and lively, friendly outdoor celebrations called luaus. And you don't have to be on 'Aiea Island beach to experience a luau—you and your family can easily create this Hawaiian-style party at home.

Laua simply means banquet. While many big hotels and resorts on the Hawaiian Islands hold elaborate luaus for paying guests, a traditional luau is a feast for family and friends to celebrate milestone events such as a birth

or a wedding. A luau includes traditional foods, as well as those from other cultures such as Polynesian and Tahitian, plus lots of Hawaiian music accompanied by hula as a form of storytelling.

It takes all day to prepare the main course for a luau: a whole roasted pig called *kahua pork*. An underground pit called an *imu* is dug hours before midnight and filled with red-hot stones. The pig is wrapped in leaves, placed in the imu, then covered with earth so the steam is trapped and

cooks the meat. Hours later, guests are treated to plates of fall-off-the-bone succulent pork.

Another traditional luau dish is *poi* (cooked rice made from three pounded taro roots), mixed with onion and fermented. Something of an acquired taste, poi is frequently served as a condiment with *kahua pork* or fish. Other Hawaiian luau dishes include *poke* (raw fish), chicken "long rice" (thin rice noodles served with pieces of chicken in a ginger-infused broth), and *hupu* (taro leaves packed, fried with onions or cornmeal, and cut into squares).

There's no need to dig a cooking pit in your backyard, nor do you have to roast a whole pig or serve your own authentic luau instead. Look to a close relative to do the job perfectly without heating up the kitchen. With only a couple of pork tenderloins you can create a delicious version of Hawaiian *kahua pork* that the whole family will love. Our luau menu offers plenty of cooking opportunities for kids, from planning to party time. But always use discretion and supervise young chefs.

CAKE ROLL LONG RICE

SERVES 8
ACTIVE PREPARETIME
15 MIN. COOK TIME

These sleepy noodles are first served in a bowl, rather than on a plate, due to the amount of chicken broth in the recipe. You can also make a vegetarian version, with vegetable broth and tofu. The recipe may be made a day in advance and reheated.

What Kids Can Do

- Pour water over hot noodles and steam when soft.

Cooking with Kids

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- Shred chicken into bite-size pieces
- Serve chicken back into shells
- Check nutrition and energy label on diet

- 14 **ways** ordered random infinite lists
- 15 **ways** pairs from rings **posited** and
- 16 **added** (about 2-4p)
- 21 **times**, pairs, ordered
- 1 **hand** (about 10p)
- 1 **is** "order of legs above" Two **listed**
- 1 **Order** (about 10p)
- 1 **list** (about 10p) 14-16 (about 10p)
- 21 **ways** ordered random
- 1 **list** (about 10p) 14-16 (about 10p)
- 1 **list** (about 10p) 14-16 (about 10p)

- 1 In a large stockpot over high heat, bring chicken broth, ginger and garlic to a gentle boil. Stir in shallots, leaping green-onion whites, peas, asparagus. Add white to beans and serve greens for garnish. When beans boil, add chicken brains and necks (use at medium low heat and cook for 20 minutes). Remove chicken brains from liquid and place meat in bowl over a plate. Remove broth.
- 2 While chicken brains are cooking, place steamed noodles in a large bowl and cover with lukewarm tap water, allowing them to soften for 15 to 20 minutes.
- 3 When chicken brains are cooked enough to handle, use a fork to shred into bite size pieces. Remove hot noodles and use a pair of kitchen shears to remove poe-ye, noodle skin roughly 2 inch lengths.
- 4 In a large stainless-steel, steel bottom, oven medium-high heat. When butter has stopped bubbling, add mushrooms. Stir and use metal washcloths are slightly browned, and fragrant about 5 to 7 minutes. Remove heat to medium and pour reserved chicken broth (about a scant one cup) into shifter (about one cup) into shifter. Add chicken noodles and soy sauce. Lift into deep bowl. Bring meat to include bits of noodles, broth and chicken. Top each serving with reserved scallop crests.

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1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

For this mouthwatering version of Indian pork, a slow-cooker stands in for an underground hot and hot steamer, and pork tenderloins are swapped for a whole pig, the net result is a moist flavor with a hint of heat. Make pork tenderloin with mustard and honey, or use a pork loin and plan ahead time. You can make this dish a day in advance and reheat before serving.

- Cut pork tenderloins into thirds and season
- Measure ingredients
- Place ingredients in slow cooker
- Mix together ingredients for Horseradish Sauce
- Pour sauce over meat.
- Cover and cook meat.

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- 2) *Impatiens* **FOUR** "butterflies", also 4 places (40 lbs. 15 in. total)
- 15) *Imp.* "beauty" seed
- 16) *Imp.* 4 white groundcover & popper
- 2) *Imp.* "purple" seed (divided)
- 15) as on mechanical systems, other two fronts

Information	Hardware	Software	Human
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- 1/2 cup fine southern sand/skip
- 1/2 cup medium southern soy meal
- 1 cup brown sugar (lighter packed)
- 2 stalks garlic, minced
- 1 Tbsp minced ginger
- 1/2 tsp Chinese five-spice powder (don't let this sit up as usual)
- 1/2 tsp 1 tsp of Smoke (donned with barbecue sauce) (if not substituted)
- 4 pineapple rings cut in half or wedges (optional)

1. Preheat oven. Cut each sandwich into three pieces and put dry with paper towels. Sprinkle salt and pepper evenly over meat.



APPROXIMATE MONTHLY RENTALS FOR NEWTON
AND CAMDEN, NEW JERSEY: ONE FORTY-
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SOME NEWER HOMES.

medium high heat. Place 3 pieces of pork in pan and brown evenly approximately 2 to 3 minutes on each side. Remove pork and place in slow cooker. Add remaining 1 cup oil to pan and brown remaining three pieces of pork. Remove pork, add to slow cooker and reduce heat under simmer to medium low. Add chicken broth to pan and scrape up browned drippings. Pour broth over meat.

3 Prepare sauce. In a medium bowl mix ketchup, soy sauce, brown sugar, garlic, gin, hot Chinese five-spice powder and liquid smoke. Pour over meat. Place cover on slow cooker and cook on low for 6 to 8 hours.

4 After cooking, remove pork pieces from sauce and thread with twine/ties. Set shredded meat aside. Sauce has gathered with pineapple & coconut.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 280 CALORIES 18% CARBOHYDRATE 31% FAT 49%
 SODIUM 16% FIBER 1% BONE CALORIES 100%
 THIRD KITCHEN CUISINE

PHILIPINE PINEAPPLE COCONUT PUDDING
 15 MINUTE
 ACTIVE TIME 20 MINUTES
 TOTAL TIME 3 HOURS 30 MINUTES

This light, flavorful pudding, which has more a gelatin-like consistency when cool, won't rise square, rather than dashed into a bowl. Top with pineapple chunks or dried mango for an additional tropical flair. The dessert is delicious, tangy, soft, so serve within 24 hours after chilling it.

IT'S LUAN TIME!

- **Decorate your backyard** with 100 lbs. of flowers and green garlands with plastic leis (these are flower necklaces).
- **Use a central condensation** to garnish (pink, blue, yellow, green, red, orange, white, yellow, orange, or mango banana smoothies).
- **Set out bowls** of citrus or cut up fresh fruit to mix a tropical mango, and orange.
- **Check your local library** for lots of traditional Hawaiian music or download songs.
- **Host a luau dance contest.** Whoever wins gets a free lei to help them out.



What Kids Can Do

- Sprig baking pan with cooking spray.
- Whisk coconut milk, sugar, and oil in a smooth and add to hot coconut milk.
- Take turns stirring pudding while it's cooking.
- Scrape pudding into prepared pan and smooth out with spatula.
- Cut pudding into squares and top with shredded coconut or coconut.

1. **Preheat** (oven light) coconut milk.
2. **cup sugar**
3. **cup coconut milk**
4. **cup water**
5. **1 cup vanilla extract**
6. **1 cup coconut milk (faded coconut)**
7. **1 cup shredded pineapple or mango**
8. **1 cup shredded pineapple or mango**

1. Lightly spray an 8-by-8 inch baking pan with cooking spray.
2. In a large container, bring coconut milk to a gentle boil.
3. In a small mixing bowl, whisk sugar, coconut milk, water and vanilla until smooth

and lump free. Whisk coconut milk into hot coconut milk. Cook pudding over medium heat, stirring very frequently with a silicone spatula or wooden spoon for about 20 minutes. Pudding has thickened enough to pull away from sides of pan when it's being stirred. Remove pan from heat and scrape pudding into prepared baking pan. Let cool at room temperature for 10 to 15 minutes. Then refrigerate until thoroughly chilled at least 2 hours.

4. If desired, pour room-temperature coconut milk into small dishes or over medium high heat. Stir frequently and remove from heat when golden brown and fragrant 2 to 5 minutes. Set aside until ready to serve dessert.
5. To serve, cut chilled pudding into 12 squares using a sharp knife. Let individual squares onto dessert plates. If desired, top each square with dried pineapple or mango and toasted coconut.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 180 CALORIES 18% CARBOHYDRATE 31% FAT 49%
 SODIUM 16% FIBER 1% BONE CALORIES 100%
 THIRD KITCHEN CUISINE



(LEFT) STOUT, (MID) IPA AND (R) ALE

On Tap for Summer

Spry licks, endless grilling, casual get-togethers — nothing says “beer” like the warm summer highballs like these. We offer a wide selection of brews from around the country that go with all kinds of summer foods.

Boasting up some Tin Man Blue (see page 137) Lager, which ranges from pale to amber, are the ticket. These malt kicks out seasonal flavors that match well with juicy beef, lamb and a range of just-made-of-the-bomber sausages. The body, from the malt and the bitterness in the hops, are in spades. We carry favorite local products Smectynowski (Ponca Creek Lager) and Samuel Adams (Boston Lager).

For barbecue, the Irish or sausage, try a black lager, which has the deep roasted character of a stout, without the heavy or astringent notes. On the dark end of the ale scale are smoky flavored

potato compatible with smoky grilled meats, chipotle and cranberry. Locally made potatos include Georg's London Porter from Portland and Samuel Adams Honey Porter.

Pale ale, whether American or Irish, pairs well with chicken and hot saucers, as the hops hit the heat off your palate. All the best eggs, Irish pale ale (IPA) starts more hops spritzing and will better tone the intensity of the Cajun specialties featured in our Louisiana seafood recipes (see page 161). IPAs on our shelves include Sierra Nevada, the New York-based Saison, the up-and-coming Dogfish 60 Minutes from Delaware and — closer to home — Shipyard IPA from Portland.

— Monica Wilson, with contributions from Tim Sullivan
Hempfield's Associate Category Manager
of international food and beer wine and liquor

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- Our customers used reusable bags more than 1.4 million times.
- Customers recycled paper and plastic bags using recycling stations available in every store.
- Hannaford reduced waste and supported local farmers by donating food to feed local kids.
- Hannaford was 40% more energy efficient than the average supermarket.





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